

Vitality Checks available!

at your local health department



Questions?

Call Stephanie Dickerson at (270) 651-8321, ext. 130 or email Stephanie.dickerson@barrenriverhealth.org

General questions?

HumanaVitality
(855) 478-1623

Get your Vitality Check (biometric screening) and start LivingWell.

Barren County

July 8 and 9

**Barren County Health
Dept.
318 West Washington
Street
Glasgow**

Follow three easy steps!

Step 1: Pick a date

The Vitality Checks will run from 8 - 10 a.m.
Appointments are not required.

Step 2: Attend the event

Fast for at least nine hours prior to your Vitality Check.

Bring your HumanaVitality ID card and a photo ID.

Step 3: Get rewards

HumanaVitality rewards you for getting your Vitality Check. You receive 2,000 Vitality Points just for completing and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment, too.

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, blood pressure check, and height, weight, and waist circumference measurements.

LivingWell Humana Vitality

Visit LivingWell.ky.gov to learn about all your wellness benefits.



Questions?
[Contact Us](#)



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